

Needham Youth Services Presents...

Social Media Free Sunday

March 19, 2017

We believe it will be well worth not engaging in social media for a day even though it may be difficult. Plus, it will be easier if your friends are unplugged too! Social media may even have an unfavorable effect on our levels of happiness. Taking a break from these sites might allow you time to interact in person with people you care about and possibly even increase your happiness. So spread the news, invite others, and on Sunday, March 19th, spend the day away from social media.



Learn more about Needham Unplugged at
www.needhamma.gov/youth/unplugged